

WHAT IS CLAIMED IS:

1. An information recording and playback apparatus which records or plays back information, comprising:

5 receive means for receiving a recording programming mail from the outside, the recording programming mail containing programming contents; and  
10 entering means for entering a recording programming in accordance with the programming contents obtained by the receive means.

2. An information recording and playback apparatus according to claim 1,

the receive means receiving the recording programming mail through a network.

15 3. An information recording and playback apparatus according to claim 1, further comprising:

a notifying mechanism which notifies the outside of contents of the recording programming mail captured by the receive means.

20 4. An information recording and playback apparatus according to claim 2, further comprising:

a notifying mechanism which notifies the outside of contents of the recording programming mail received by the receive means.

25 5. An information recording and playback apparatus comprising:

an information recording and playback section

which records information in a recording medium, and plays back information prerecorded in a recording medium;

5       a timer section which operates the information recording and playback section at a predetermined operation starting time, and stops the information recording and playback section at a predetermined operation ending time;

10      a memory section which holds operation information of the timer section;

      a communications control section which inputs and sets at least the operation starting time and the operation ending time in the timer section from the outside; and

15      entering means for entering, in the memory section, a recording programming including at least the operation starting time and the operation ending time obtained through the communications control section.

20      6. An information recording and playback apparatus according to claim 5,

      the communications control section receiving an instruction supplied in the form of a mail from the outside, and acquiring information corresponding to the operation starting time and the operation ending time of the timer section.

25      7. An information recording and playback apparatus according to claim 5, further comprising:

a notifying mechanism which notifies the outside  
of contents of the mail captured by the communications  
control section.

8. An information recording and playback  
5 apparatus according to claim 6,

the communications control section capturing the  
mail through a network.

9. An information recording and playback  
apparatus according to claim 7,

10 the communications control section capturing the  
mail through a network.

10. A method of controlling an information  
recording and playback apparatus, the method  
comprising:

15 receiving a mail from outside;

judging whether the received mail contains  
recording control information including at least an  
operation starting time and an operation ending time;

judging whether a recording programming is  
20 acceptable with the operating starting time and the  
operating ending time included in the mail judged to be  
a mail containing the recording control information;  
and

25 storing, in a memory section, the operation  
starting time and the operation ending time included in  
the recording control information contained in the mail  
whose recording programming has been judged acceptable,

the operation starting time and the operation ending time serving as information used for controlling a timer section, the timer section operating and stopping an information recording and playback section at the 5 operation starting time and the operation ending time, respectively.

11. A method according to claim 10, further comprising:

10 notifying that the recording programming corresponding to the recording control information contained in the mail is impossible, if the recording programming is impossible.